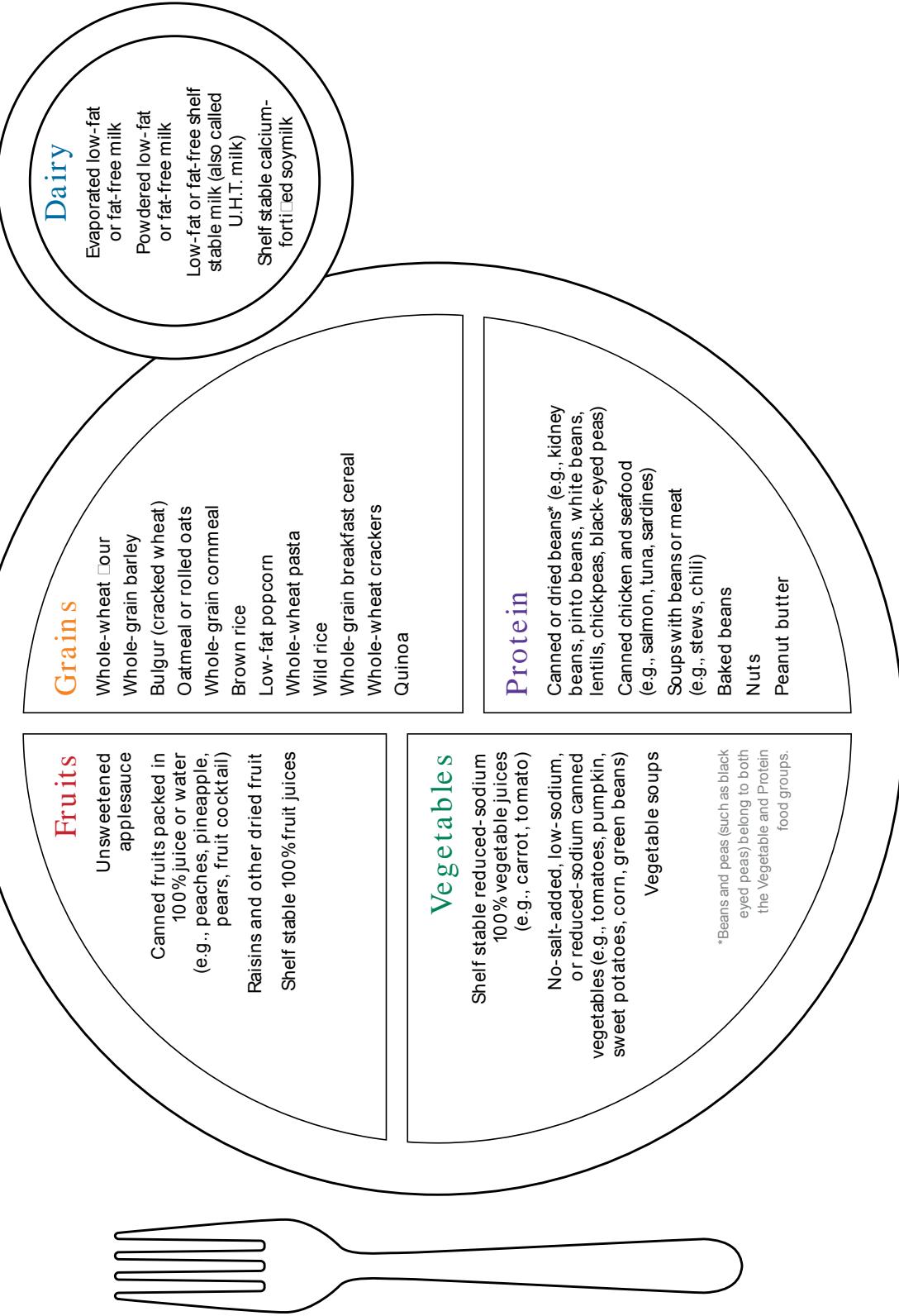




United States Department of Agriculture

MyPlate Food Drive Wish list

Help us collect non-perishable foods from each food group!



Dairy

- Evaporated low-fat or fat-free milk
- Powdered low-fat or fat-free milk
- Low-fat or fat-free shelf stable milk (also called U.H.T. milk)
- Shelf stable calcium-fortified soy milk

Grains

- Whole-wheat flour
- Whole-grain barley
- Bulgur (cracked wheat)
- Oatmeal or rolled oats
- Whole-grain cornmeal
- Brown rice
- Low-fat popcorn
- Whole-wheat pasta
- Wild rice
- Whole-grain breakfast cereal
- Whole-wheat crackers
- Quinoa

Fruits

- Unsweetened applesauce
- Canned fruits packed in 100% juice or water (e.g., peaches, pineapple, pears, fruit cocktail)
- Raisins and other dried fruit
- Shelf stable 100% fruit juices

Protein

- Canned or dried beans* (e.g., kidney beans, pinto beans, white beans, lentils, chickpeas, black-eyed peas)
- Canned chicken and seafood (e.g., salmon, tuna, sardines)
- Soups with beans or meat (e.g., stews, chili)
- Baked beans
- Nuts
- Peanut butter

Vegetables

- Shelf stable reduced-sodium 100% vegetable juices (e.g., carrot, tomato)
- No-salt-added, low-sodium, or reduced-sodium canned vegetables (e.g., tomatoes, pumpkin, sweet potatoes, corn, green beans)
- Vegetable soups

*Beans and peas (such as black eyed peas) belong to both the Vegetable and Protein food groups.

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